



Critical Incident Stress Counseling Due to the Recent Tornadoes

For: Adults and Children

Date: Sunday, February 5 at 5:30 PM

Where: Hilldale Baptist Church (Worship Center)

Cost: Free

This Sunday, **February 5th**, the community is invited to Hilldale Baptist Church for critical incident stress counseling provided by The Alabama Baptist Children's Homes through its counseling ministry, Pathways Professional Counseling. There is no charge for this service. The purpose is to help adults and children deal with stress and trauma as well as internal pressures created by the vast destruction of the recent tornadoes. There will be a 15 to 20 minute group session followed by smaller breakout sessions (small groups) so more specific needs can be addressed.

If you or someone you know have been affected by the recent tornadoes is in need of this service, we encourage you to come. In addition, for those in need of long-term counseling (due to the tornadoes), The Alabama Baptist Children's Homes will arrange it free of charge, including play therapy for children. Information regarding long-term counseling will be available on Sunday night.

If you have any questions or need more information, please contact Tina Wiles or Ron Pate at 853.3000 or after office hours, 937.1603.

